



Grilled Veal Chops with Caper and Sage Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon sage fresh minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest julienned
- ☐ 2 tablespoons low-salt chicken broth homemade canned

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion diced red ()
- ☐ 0.3 teaspoon salt to taste
- ☐ 40 ounces veal rib chops of excess fat trimmed

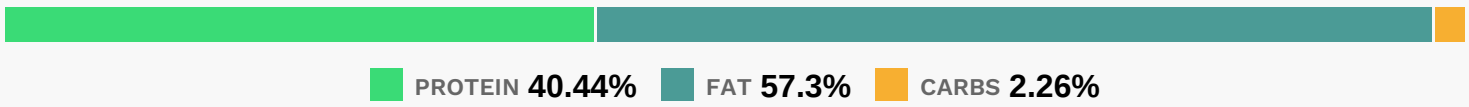
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill

Directions

- ☐ Heat a grill until it is very hot. Preheat the oven to 150 degrees.
- ☐ Rub the chops with the oil and sprinkle them with the salt and pepper.
- ☐ Put the chops on the clean grill rack and cook for about 2 1/2 minutes on each side.
- ☐ Transfer them to the oven and let them rest and finish cooking for at least 10 minutes (the chops can be kept in the oven for up to 30 minutes).
- ☐ Mix all the ingredients in a bowl.
- ☐ At serving time, place a chop on each of four plates and coat with the sauce.
- ☐ From Essential Pépin: More Than 700 All-Time Favorites From My Life in Food by Jacques Pépin. Copyright © 2011 by Jacques Pépin; illustrations copyright © 2011 by Jacques Pépin. Published by Houghton Mifflin Harcourt Company.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:31.729565527128%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 547.45kcal (27.37%), Fat: 34.12g (52.49%), Saturated Fat: 12.12g (75.74%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.24g (0.82%), Sugar: 1.03g (1.14%), Cholesterol: 223.96mg (74.65%), Sodium: 501.58mg (21.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.18g (108.36%), Copper: 4.85mg (242.31%), Vitamin B3: 24.23mg (121.14%), Vitamin B6: 1.53mg (76.69%), Phosphorus: 574.94mg (57.49%), Vitamin B12: 3.15µg (52.57%), Vitamin K: 54.59µg (51.99%), Zinc: 6.69mg (44.58%), Vitamin B2: 0.7mg (41.12%), Vitamin B5: 3.73mg (37.29%), Selenium: 24.26µg (34.66%), Potassium: 923.77mg (26.39%), Magnesium: 72.74mg (18.19%), Vitamin B1: 0.22mg (14.41%), Iron: 2.55mg (14.16%), Manganese: 0.27mg (13.74%), Vitamin E: 1.98mg (13.22%), Folate: 45.52µg (11.38%), Vitamin C: 7.05mg (8.55%), Calcium: 66.73mg (6.67%), Vitamin A: 175.81IU (3.52%), Fiber: 0.79g (3.16%)